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on them. Meat in excess of immediate needs is cut into narrow strips and dried on a rack over a fire. The strips are then covered with salt and stored away for future use. Fish are dried in the same way. Such preserved foods are eaten by the workers in the fields or help to furnish forth the repasts on a journey. In the hills, so far as I have observed, the Karen does not fry his food; but on the plains, where he has more or less taken up Burmese ways, cooking food in fat has become somewhat common. This is usually done outside the house, however, because the Karen, like the Burmese and Shan, have a superstitious fear of the smell of cooking.

While cooking is preeminently the women's work, it seems that nearly every man can cook and does on occasion prepare his own food. I have eaten many a tasty meal prepared by Karen men, who considerately took pains to have clean utensils and to use only such condiments as they knew white men were likely to relish.

The serving of food among the Karen is a simple matter. The rice is emptied into a tray, the meats or vegetables are put in little bowls, and all are set on a mat on the floor. The members of the household squat around this "family board" and eat with the hand. They pour gravy from the meat, fish, or other side-dishes on the rice, work it in with the fingers, and convey the food in compact lumps to their mouths. Among the more primitive large plantain leaves often serve as trays and plates. The Karen on the plains use separate dishes of china or enamel-ware, which are readily obtained in the bazaar. These are set on a low table, standing no more than six inches above the floor. This manner of serving is in vogue among the Burmese. There is not much sociability about a Karen meal. Each person attends to his eating until he has finished, when he rises, rinses off his hands, quenches his thirst with a drink of water, and withdraws to sit down, or leaves the house without formality. The members of a family generally eat together; but if guests are present, the women usually wait until the men are served. Large quantities of food are prepared for wedding and funeral-feasts, which, as a rule, the men and women partake of separately without particular order or arrangement.

The safety-match is nowadays the common means employed by Karens in producing fire; but formerly the flint and steel were used, as they were all over the world in the early days of the nineteenth century and before. A simpler, and probably indigenous, method was by the friction of two dry pieces of bamboo. One

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piece was sawn back and forth through a groove cut crosswise on the crest of another, the latter being a half-section of large bamboo laid over a quantity of shavings or punk. The heat thus generated in a minute or two produced smoke and a flame, and the tinder caught the blaze. A generation or two ago Karens carried fire pistons, when on a journey, to light their pipes. The description of this simple mechanism, which has been given to me, is that it was a bone or metal cylinder with a small hole at one end into which a tight-fitting piston was driven by a sharp blow and then quickly withdrawn. The air within was thus sufficiently compressed and heated to ignite a bit of tinder at the bottom of the cylinder.[3]

Milk does not form a part of the diet of the Karen people any more than it does of some other Oriental races. There is little with which to feed babies whose mothers can not nurse them. However, it is a comparatively rare thing for a mother not to be able to nurse her child. The first solid food given to babies is rice that has first been masticated by the mother. The kind of food eaten by the parents is given to their children as soon as they cry for it. This, I think, is one of the most fruitful sources of the high death rate among Karen infants.

The people in the hills eat three meals a day, one soon after rising, one at mid-day, and the third in the evening after the work is done. On the plains an early "chota hazri" of glutinous rice is sometimes, but not always, taken.[4] The regular morning meal comes somewhere between eight and ten o'clock and the afternoon repast between three and five. Tea is coming to be much used among the Karen, either the native pickled tea which is imported by the Burmese from the Shan states, or the Chinese and India teas which are now sold all over the country. The Karen drink their tea without milk and often put in a little salt in place of sugar. Coffee is used to some extent in the Karen hills and is drunk without milk, unless some one has brought home a can of condensed milk from town, this preparation being considered a most delicious sweetmeat.

Alcoholic beverages are brewed or distilled among the Karen. A kind of rice beer is made by allowing boiled rice to stand in jars of water and ferment. Old fermented rice is left in a jar, and fresh rice water is poured upon it. After standing several days, it ac-

[3] The fire piston is used by the Ibans in Borneo. It is also found throughout the Malay Peninsula and in Sumatra: Hose and MacDougall, *Pagan Tribes of Borneo*.

[4] "Chota hazri" is the Hindustani word used throughout India for the little breakfast of toast and tea or coffee that Europeans take immediately on rising.

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usage, but they are somewhat puzzled by new situations and in such cases are apt to give themselves the benefit of the doubt. Stealing, such as appropriating paddy from a bin or leading off another's ox or taking somebody's money, is severely dealt with among the Karen. But carrying away a small trinket that takes the eye, either with or without the owner's permission, is not considered important enough to be noticed.

## THE WOMEN

Among races less advanced than the Karen the attention of the men is almost entirely taken up with warfare and hunting, while the work about the house and village is left to the women. The Karen have not progressed far enough beyond primitive conditions for the men to assume all the burdens of the home life that properly fall to the stronger sex. The men still feel their superiority and remain idle, while the women do work too heavy for them. Even apart from the care of the children, the women bear the heavy end of the burden. They are, to be sure, accepted as necessary and useful members of the family, but, none the less, the men consider themselves dishonored if brought into close contact with a woman's garment or compelled to appear in any way subordinate to a female. They will not, or would not in the olden days, go under a house, lest they should have to pass under a woman. In this respect they entertain feelings similar to those of Burmese men.

As housekeeper the Karen woman's work is by no means confined within the irregular partitions of her living-room or house. She draws the water, which means in the hills that she must descend to the stream and carry up the family supply in bamboo joints hung by strings across her head. She has been trained to do this from the time she was so small that she could only struggle up the hillside with one undersized bamboo at her side. Usually she has her little girls' help in this daily task. (See p. 140.) She must pound and winnow the paddy, polish it in a mortar, wash it, and prepare the meals. Either she brings in fagots of wood and splits it, or the young women fetch bundles of dry bamboo upon their heads and stack them near the ladder of the house. (See p. 132.) She is as skilled in the use of the "dah" (long knife) as her husband. When the meal is cooked she sets it out, if she follows the old custom, on a wide wooden tray or, if she has adopted new ways,

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on a low table. The pile of rice on the tray looks like a heap of snow. The curries or condiments are placed beside the tray in small cups. The members of the family usually eat together. If there are guests the women often wait, either to serve in case the supply needs replenishing, or because they are shy about eating with strangers.

In addition to attending to their domestic cares, the women take their place beside the men in the fields. It should not be forgotten, however, that the latter can cook and perform the work usually assigned to women more readily than men in the West can. In the field the women and girls assist in the sowing, planting, and transplanting of rice on the plains, as well as in the reaping, threshing, etc., doing their full share along with the men. They tend the cotton and vegetables and carry the greater part of the paddy to the storage-bins and from these to their homes. The only work I have seen men doing that I have never observed being done by women is plowing.

The women mingle in the village gatherings and take part in the wedding and funeral festivities, their share in the latter being specially prominent.[2] Their position in their own families depends largely on their personal character. If they possess strong personalities, they gain considerable prestige and exercise influence accordingly. The older they grow the more conservative they become, and not infrequently the opinions of a grandmother will keep a whole family from bettering its condition by engaging in some new occupation. The Karen grandmother holds the first place in the family at the "Bgha" feast, when all of the members are gathered together. She is then the "Bgha a' hko." This peculiar position of hers has been discussed in the chapter on Feasts to the "Bgha."[3] Its religious significance is remarkable and may be a relic of matriarchal government, which is still found in Tibet. But it does not appear to have any effect on the social position of the sex, except in so far as it prevents the younger members of the family, both men and women, from breaking with the religious and social traditions of their forefathers.

In the olden days three classes of people were condemned "to live without the camp." These were cohabiting couples who had not complied with the marriage rites, widows, and orphans. A couple whose union had been formed without the performance and

[2] See Chapter XX, p. 202.
[3] See Chapter XXIV, pp. 248, 249.

vented from enjoying a good night's rest by the number of other occupants. My cook prepared my meals at the little fireplace in the middle of the room. The villagers sat about and visited with us. When meal-time came the women and girls brought in their generous supplies of food, consisting of two large trays piled high with snow-white steaming rice, besides smaller trays and bowls filled with several kinds of curry, "ngape" water, and vegetables. The visitors were expected to eat something from every dish. While the meal was in progress the hosts withdrew, except one or two elders, the women returning afterwards to clear away the dishes and uneaten food with the polite remark that their guests had eaten very little. Many shared in receiving us; and we were spared the embarrassment, not to say the danger according to our belief, of violating the tabu that prevented our being entertained at the time by a family in their own quarters.

Besides serving as a guest-chamber, the "blaw" has another important use, namely, as the gathering-place for the young men of the village. When a boy becomes a youth ("hpo tha hkwa taw"), he is expected to spend his leisure time in his parents' room, working and eating with them, as seems to be the custom. When evening comes, he repairs to the "blaw" to be with his fellows and to sleep there. This is a custom that is common among the Kachins of Burma and many other tribes of the Orient. Among the Kachins the "blaw" is a place of license. The Brecs also allow a great deal of liberty to their young people, and evidently advantage of it is taken by them. But among the Sgaw Karens, at any rate, the girls remain with their mothers. There is no common room for the girls, or any place where both youths and maidens may meet for restrained intercourse. No doubt among the Karen the use of the "blaw" as a club-room is for the purpose of keeping the young men together and separating them from the young women, thus preventing offence of the "by na," which would bring a curse upon the soil and damage to the crops.

It has never been possible for parents to prevent all social intercourse between young people of the opposite sexes. In fact, it has hardly ever been attempted. As is shown elsewhere in this volume, there are occasions among the Karen when the sexes mingle, for example, on fishing expeditions and at marriages, funerals, etc. If, however, a youth desires to visit a maiden, etiquette prescribes the way: he must take his harp ("t'na"), appear before her house, and serenade her. Sitting down, he sings to the accom-

[ie Not being allowed in family rooms during the Agha feast -- Analyst]